



Colchester Parks & Recreation

Spring / Summer 2010

ACTIVITY GUIDE

NEW

On-line
Registration
Available!

Summer Registration
Begins March 17th
at 6:30 a.m.
(see back page for details)

Great Outdoor Fun

31 Great Summer Camps

And 11 Great NEW Camps!



2009 JUNIOR
LIFEGUARD
CAMP

Optimizing the Experience of Living

www.colchestervt.gov

Office Hours: Monday - Friday: 8:00 a.m. - 4:00 p.m.

General Information

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DIRECTOR'S WELCOME

Did winter ever arrive? Well, it is time to put that behind us and start looking forward to summer and all the great programs and parks that your community has to offer. We have new programs and the time tested programs that the community embraces. We strive to provide the citizens the best recreational opportunities in Vermont.

One of the comments that we have heard is that the current registration process for a program is inconvenient and not customer friendly. Well, we listened and now we will be equipped to have customers register online 24 hours a day, seven days a week. Our summer registration day will be eliminated and residents will be able to register online or come into our office on the day program registration opens. We are hopeful that this transition will go smoothly but as with everything you can not always prepare for something unexpected. We hope that the residents will be patient with us as we move into the 21st century.

In closing, I would like to thank all of my staff and volunteers who work so hard providing recreational opportunities for our community. These folks work on weekends, nights and holidays to make sure that your experiences are the best possible. If you have any ideas or comments please feel free to contact us and share your thoughts. Remember this summer to play, have fun and stay young!

Yours in Recreation,
Glen Cuttitta, CPRP
Director

PARKS & RECREATION BOARD

Todd Perry, Chair	Sam Conant
Dick Pecor	Kevin Hatin

NON RESIDENTS

Non residents may register for any programs offered, on a space available basis, after **March 24, 2010**.

SCHOLARSHIPS

A full or partial waiver of fees (residents only) may be available for programs listed in the brochure. Requests for waivers will be based on financial need. Scholarship request forms are available at the Recreation Department and online.

OFFICE INFORMATION

Location: 781 Blakely Road, Colchester, VT
Mailing Address: PO Box 55, Colchester, VT 05446
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: www.colchestervt.gov
Office Hours: Monday - Friday, 8:00 a.m. - 4:00 p.m.

PARKS & RECREATION STAFF

Glen Cuttitta, CPRP, Parks & Recreation Director
gcuttitta@colchestervt.gov Direct Line: 264-5641
 Derek Mitchell, CYSA, Assistant Parks & Recreation Director
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 Ted Ryan, Parks Supervisor
ryan@colchestervt.gov Direct Line: 864-4363

METHODS OF PAYMENT



We accept **VISA & MASTERCARD** credit cards, checks and cash.



CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to **15 business days prior to the start of the program with a \$6.00 administrative fee.**

PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken please notify the staff prior to the activity.

SPECIAL NEEDS

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

Info Hotline Phone #:
264-5645

**Call for the most up to date
 information about the Colchester
 Parks & Recreation Department and
 its parks & programs.**

On-line Registration

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NEW CANCELLATIONS & REFUND POLICY

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested cancellation & refunds are only available up to **15 business days prior to the start of the program with a \$6.00 administrative fee.**



Web-Trac Procedures

Now you can register 24/7 online!
Registration for summer camps begins on
WEDNESDAY, MARCH 17, 2010 AT 6:30 AM



What is Web-Trac?

WebTrac is our **new online registration system**, which provides our customers with an additional method of registering for select Colchester Parks & Recreation activities. Those with internet access can view class availability, register for a class, and view their class history, 24 hours a day. WebTrac is the system that enables you to browse and/or enroll online for programs and activities offered by the Colchester Parks & Recreation Department. You can use WebTrac as a Guest and browse our program listings or log on as a Registered User to enroll.

To connect as a guest, just click the Guest button on the webtrac site.

FIRST TIME USER: If you have registered for Colchester Parks & Recreation programs, but have not used WebTrac before, you are a first time user. Your User Name is your e-mail which you have placed on file with parks & recreation and your password is your home phone number with no dashes (example: 8022645640). If you have this information you can log onto WebTrac and follow the instructions for FIRST TIME USER. Once you are logged in it will prompt a screen that will give you the option to change your user name and password.

NEW USER: If you have never registered for anything at the Colchester Parks & Recreation Department, you are a new user. To receive a User Name and Password, log on and follow the instructions for a NEW USER.

STILL NOT SURE if you have an active account? Send us an email at recreation@colchestervt.gov

PLEASE NOTE:

All registrants will be considered either a RESIDENT OF COLCHESTER or NON-RESIDENT. Residents are persons living in, or owning property in, Colchester Town limits. We reserve the right to require proof of residency.

Resident/Non-resident registration dates will still be observed for online registration. Residents may register beginning at 6:30 a.m. on Wednesday, March 17, 2010. Non-residents may begin registration at 12:00 a.m. on Wednesday, March 24, 2010.

Programs must be paid in full when registering online.

The system will NOT allow you to:

- * Register individuals from other households.
- * Register children who do not meet the specific requirements for a class. For example, if a minimum age requirement for a class is 5 years old it will not permit you to register a child who is 4 years and 11 months.
- * Refund a class. Please see our NEW Refund and Cancellation procedures on the top of this page. If you need assistance with a refund please contact the Parks and Recreation Department at 264-5640.
- * Transfer to another class. If you accidentally signed up for the wrong class or decide to change a class, please contact the Parks and Recreation Department at 264-5640 for assistance.
- * Apply for scholarships.

Special Events

EASTER EGG HUNT

Saturday, April 3, 2010
10:00 a.m. at Bayside Park

Join the Easter Bunny for a great hunt. Please park your vehicles at Colchester High School and enter the park by the softball field road off Laker Lane. Children will be separated by age groups to hunt for eggs in different areas of Bayside Park. Don't miss out! Dress appropriately because you never know what Vermont's weather has in store for us. Bring a bag or basket to put your eggs and goodies in.

Sponsored by The Colchester Lions Club &
 The Colchester Parks & Recreation



COLCHESTER "TOUCH A TRUCK"

Saturday, May 1, 2010
Colchester High School, Parking Lot
9:00 - 10:00 a.m. (quiet time - no sirens)
10:00 - 11:00 a.m. (sirens may be used)

Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on bulldozer's, police cars, ambulances, fire trucks and a variety of other vehicles. This is going to be a great event. Don't forget your cameras to capture the smile on your child's face as they sit on the large trucks in amazement. This is a free event, no registration required.

COLCHESTER 4TH OF JULY CELEBRATION

Fun Run: 8:15 a.m. at UMS
Parade: 1:00 p.m. in the Village
Concert: 6:30 p.m. - 8:45 p.m.
Fireworks: Dusk at Bayside Beach

Fireworks will be at dusk. We are always in need of volunteers to make this event magical. If you are interested in joining the 2010 Fair Day Parade Committee give us a call at 264-5640.

2010 FACILITY/PAVILION RENTALS:

Facility Reservations for the Summer of 2010 can be made starting MONDAY, MARCH 1, 2010.

Athletic Field Reservations:

For more information on renting the Town of Colchester's Athletic Fields contact Derek Mitchell at 264-5642 for fees and availability.

26TH ANNUAL COLCHESTER TRIATHLON

Sunday, July 25, 2010
9:00 a.m. at Bayside Park

Start training now for the Colchester Triathlon. You can take your pick of .5 mile swim or 2.5 mile kayaking/canoeing. Then survive the 12 mile bike and 3 mile run. Sign up early because the race is limited to the first 375 entries. For more information, application or to volunteer contact the Recreation Department at 264-5640.



GREAT ESCAPE & SIX FLAGS NEW ENGLAND TICKETS

Why stand in line after traveling for hours to get into your favorite amusement park? Stop by the Colchester Parks & Recreation Department and pick up your discounted tickets. 2010 price at the gate is \$40.99 for adult Great Escape Tickets and \$41.99 for Six Flags New England Tickets! Wow don't miss out on this great deal!

Great Escape

(48" and over): \$25.00 per ticket

Six Flags New England Springfield, MA
\$27.00 per ticket

5TH ANNUAL BILL KOHLASCH WIFFLE BALL TOURNAMENT

Saturday, September 11, 2010

Double Elimination Tournament
Cost: \$225 per team

In Loving Memory of Bill Kohlasch
August 18, 1958 - April 13, 2005



Bill was a teacher at Malletts Bay School for 18 years and worked as the Summer Coordinator at the Colchester Parks & Recreation for 16 years. Bill was instrumental in creating the First ever Wiffle® Ball League in the Fall of 2003. Bill passed away peacefully at his home on April 13, 2005 following a five year battle with melanoma. Bill may be gone, but will never be forgotten.

All proceeds go to the Kohlasch Children College Fund

Summer Concert Series

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Lower Bayside Park (Beachside), All Concerts begin at 7:00 p.m.

Join us for Colchester's summertime tradition. Bring your lawn chairs, your blankets and picnic dinner to Lower Bayside Park for our summer concert series. Enjoy great music with the beauty of Malletts Bay as your backdrop. **Admission is FREE.**

July 15: Bob Degree & The Bluegrass Storm

Bob Degree & The Bluegrass Storm was founded in 2003. It was a vision of Bob Degree to put together great musicians and to create a new level of excitement every time you experience the band. Since then, The Storm has released their first CD named "Thunder n Lightning", they have played many events and festivals.

www.bobdegree.com



July 22: Peter Miles (Contemporary)



Peter Miles is a singer/songwriter and band leader performing original music from his CD release "Live Life Live" along with other popular songs by artists such as Van Morrison and Jack Johnson. Contemporary adult audiences are always sure to enjoy Miles' show, and groups of all ages find his performances to be a real treat.

www.milessongs.com

July 29: Hey Mama (Soul-Folk)

Originally a powerhouse duo, Avi & Celia found an outlet, literally, and have plugged into Hey Mama, a contemporary rock n' roll band. The ever evolving, Avi & Celia have been a professional band since 2005. They have released two captivating records; Let it Rise (2008) and Off the Floor (2007), have played over 400 shows, building a loyal fan base and have received acclaim from Yankee Magazine, the Boston Globe, and NHPR. Hey Mama features Avi & Celia with Jared Seabrook and Ben Kogan on drums and bass. The rock & roll vibe of the band explores the groups deep influence in blues and roots-country music. www.heyfamamusic.com



August 5: Patrick Fitzsimmons' Trio (Acoustic, Folk)



Patrick writes songs that have that rare combination of strong lyrics AND strong melody. Relix Magazine called him "one of the most captivating songwriters around today." He is a three time Ploughshares songwriting contest finalist and has had his songs placed in several independent films. His latest CD, So Beautiful So Blue, has made several Best of 2008 lists and is being played on radio stations all over the country. He continues to tour throughout the northeast building a large and loyal following with his soulful, captivating performances. www.patrickfitzsimmons.net

August 12: Satin & Steel (Big Band)

Satin & Steel is a 10-piece horn band based out of Rutland, Vermont. With roots dating back to the early 1970's, Satin & Steel knows how to put on a great show. They specialize in classic rock, funk and R&B. They cover music by Tower of Power, Chicago, Santana, James Brown, Earth Wind & Fire, Blood Seat & Tears, any Motown artists and lots more. The power of their huge 5-piece horn section will blow you away while the funky beat of the rhythm section will get you up and movin! www.satinandsteel.com



Spring Programs

BOATER SAFETY

Ages 12+

Vermont State Law requires that individuals born after January 1, 1974 need to attend a boating safety course prior to operating a motor boat in Vermont waters. Topics covered include boating safety equipment, emergency procedures, basic navigation and Vermont boating laws. This class is appropriate for all new boaters, youth and adult. **Minimum: 15, Maximum: 20.**

#240001B Mondays 6:00 - 8:30 p.m. Mar. 29 - Apr. 19

INSTRUCTOR: Colchester Police Department
LOCATION: Colchester Rescue, Blakely Road
FEE: \$10 residents/\$15 non residents

JUNIOR JAZZERCISE! (PRE-K)

Ages 3 - 5

The strong exercise habits kids develop now can go a long way in shaping their future. That's why Junior Jazzercise teaches things like coordination, strength and endurance, nutrition, and the importance of physical fitness. Kids experience the joy of physical movement as they dance their way through specially choreographed age-appropriate routines to today's most popular music. Parents must stay on premises during class time. Parent participation is highly encouraged. **Minimum: 6.**

Session D

#280001D Fridays 11:15 a.m. - 12:00 p.m. Apr. 2 - 23

Session E

#280001E Saturdays 10:15 - 11:00 a.m. Apr. 3 - 24

INSTRUCTOR: Jazzercise Certified Instructor
LOCATION: Jazzercise Fitness Center, 948 Hercules Drive
FEE: \$40 residents/\$45 non residents

APRIL VACATION CAMP

Grades K - 6

Enjoy a week of fun with your friends and the Colchester Parks & Recreation Department. We will be offering a camp for the whole week of April vacation. There will be games, activities, crafts, movies, a field trip, and much more. Participants need to bring a lunch and snack for each day. **Minimum: 25, Maximum: 65.**

#280016B Mon - Fri 8:00 a.m. - 4:00 p.m. Apr. 26 - 30

#280016B1	Early Drop Off	7:30 a.m.	\$9
#280016B2	Late Pick Up	4:30 p.m.	\$9
#280016B3	Late Pick Up	5:00 p.m.	\$12
#280016B4	Late Pick Up	5:30 p.m.	\$15

FACILITATOR: Colchester Recreation Staff
LOCATION: Malletts Bay School, Gym & Cafeteria
FEE: \$130 residents/\$135 non residents

START SMART BASEBALL

Ages 3 - 5

This program introduces children to baseball in a fun non-threatening environment. Start Smart Baseball prepares children and their parents for organized baseball without the fear of getting hurt. This program is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. **Please indicate on your registration form if your child is right or left handed.** **Minimum: 8, Maximum: 15.**

#388012A Tuesdays 6:15 - 7:00 p.m. Apr. 27 - Jun. 1

INSTRUCTOR: Colchester Parks & Recreation Staff
LOCATION: Bayside Park, Next to Pavilion
FEE: \$50 residents/\$55 non residents

WHITEWATER RAFTING TRIP

Ages 16+

A true class 5 Experience by anyone's standards! This tough class 5 river has chutes, drops, and large holes that challenge both guide and guest alike in exciting rapids like Exterminator, Cribworks, and the huge Nesowadnehunk Falls. Combine this with the spectacular Ripogenus Gorge, a scrumptious river lunch and great views of Mt. Katahdin, this trip will be one you will remember for a lifetime! Due to the difficulty of this river, guests must be 16 years of age. 13 miles of pure Adrenaline! Upgrade to a cabin tent for \$7.00 per person (payable on site) Participants must weigh at least 110 pounds to raft. **Minimum: 6, Maximum: 10.**

#280017A Sat & Sun Departure 8:30 a.m. May 15 & 16
 Return around 11:00 p.m.

TRIP LEADERS: Three Rivers Rafting Company and Colchester Parks & Recreation Staff
LOCATION: Millinocket, Maine
DEPARTING FROM: Colchester Town Offices
FEE (PER PERSON): \$170 residents/ \$175 non residents

MORNING MOMS BEGINNING BALLET & STRETCH

Ages 18+

Enjoy the sensation of improving your posture, flexibility and strength. Stimulate your creative spirit, whole body awareness, and sense of artistry with six beginning level classes in classical ballet technique. **Minimum: 4, Maximum: 8.**

#220010A Wednesdays 10:15 - 11:15 a.m. Apr. 21 - May 26

INSTRUCTOR: Lucille L. Dyer
LOCATION: Natural Bodies Pilates, 49 Heineberg Drive
FEE: \$69 residents/\$74 non residents

BALLATES' FOR FITNESS

Ages 18+

Got a fitness ball that never seems to get used? Bring it along for this six-week toning and stretching class designed to give you ideas and workouts to do at home. The session will focus on toning muscles, increasing cardiovascular fitness and improving balance and coordination. Appropriate for beginning and intermediate exercise enthusiasts. 55 - 65 cm fitness ball required. **Minimum: 8, Maximum: 15.**

#230106A Thursdays 4:30 - 5:30 p.m. Apr. 1 - May 6

INSTRUCTOR: Carol Bennett; A.F.A.A., Yoga Fit Certified
LOCATION: Colchester Meeting House, Upstairs
FEE: \$50 residents/\$55 non residents

DINNER & A MOVIE

Ages 55+

Join us for an evening of dinner and a movie. We will enjoy a great meal followed by a romantic comedy. A great inexpensive evening to enjoy with others. **Minimum: 5, Maximum: 15.**

Session B: 27 Dresses (2007)

#220008B Friday 4:30 - 6:30 p.m. March 12

Session C: Ghost of Girlfriends Past (2009)

#220008C Friday 4:30 - 6:30 p.m. April 16

INSTRUCTORS: Colchester Parks & Recreation Staff
LOCATION: Colchester Senior Center
FEE: \$5 residents/\$7 non residents

Also check out spring & summer sessions of:

Body Sculpting, Therapeutic Yoga I & II: Page 19



Family & Fun Activities

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FAMILY YOGA

Adults of all ages with children ages 8 - 12

New

Come and join the circus, travel on your magic carpet and fly like an eagle. All kids and parents welcome, learn yoga poses to help you build strength, flexibility and calm your bodies with breathing and relaxation time and plenty of partner yoga and games. **Maximum: 4. Maximum 10.**

Session A

#280031A Wednesdays 4:30 - 5:30 p.m. Mar. 31 - Apr. 28

Session B

#280031B Wednesdays 4:30 - 5:30 p.m. May 12 - Jun. 9

INSTRUCTOR: Lisa Tidman, PTA

LOCATION: RehabGym, 905 Roosevelt Highway

FEE: \$50 residents/\$55 non residents per 1 adult & 1 child
Each additional family member \$25

CVRA AMAZING PARK CHALLENGE

Teams of 6 (All ages)



The Champlain Valley Recreation Association (www.cvravt.org) would like to challenge you and your friends and family to get outdoors for an exciting summer of new adventures and activities in the parks that surround you. Register your team and receive a passport that grants a one-time admission for all your members

into a number of pre-selected parks in the Champlain Valley throughout the summer. Complete activity pages and gather stamps in your passport at each of the parks to earn great outdoor gear prizes! A giant kick-off party and a big finale mark the start and end of the challenge! You won't want to miss out on this exciting adventure! Kick off date: May 22. **PURCHASE OF PASSPORTS BEGINS APRIL 1ST.**

#365000A Days & times you are available May 22 - Aug. 14

FACILITATOR: CVRA Members

LOCATION: Parks in the Champlain Valley

FEE: \$25 residents/non residents per team

GREAT AMERICAN BACKYARD CAMPOUT -COLCHESTER CHALLENGE

Families

The Great American Backyard Campout provides an opportunity for everyone to relive -- or to experience for the first time -- how much fun it is to spend a night sleeping under the stars and enjoying the sounds of nature. Held each June, the Great American Backyard Campout is a national event that encourages individuals, youth, friends and families to camp out together for one night. Each year the number of campers has steadily grown. In previous years, campers have ranged in age from 3 months to 99 years old and have come from all areas of the United States. **REGISTER YOUR CAMPOUT WITH US AND COLCHESTER PARKS & RECREATION DEPARTMENT WILL BE JUDGING THE BEST CAMPOUT between 6:00 - 8:00 pm.** Winners will be notified and will receive a prize. Good luck and may the best campout win!

#365001A Saturday Judging 6:00 p.m. - 8:00 p.m. June 26

JUDGES: Colchester Parks & Recreation Staff

LOCATION: Your Backyard!

FEE: Free

YOU'VE BEEN FLAMINGOED

All Ages

New

We are all familiar with the pink flamingo yard ornament. One of the prime examples of American cultural kitsch, this plastic bird with metal legs has for years marked its owners as well... interesting. There are probably two types of people in the world: those who take the flamingos seriously as quality yard art and those who wouldn't be caught dead with



even one adorning their lawn. Flamingo flocking refers to a form of lawn greeting. It involves the placement of a "flock" of plastic pink flamingoes in someone's yard. The flocking might be ordered by someone for placement in a friend or family member's yard, as a practical joke, or to wish someone a happy birthday or celebrate some other special occasion. And of course, anyone can order a flocking for their own yard. Should you wake up one morning and see a couple of zany looking birds on your lawn, you'll know that **YOU'VE BEEN FLAMINGOED.** We'll leave an envelope on your door step which will let you know who was the prankster that had you flocked. Also keep in mind that flocks are not allowed on common ground or public property, so unfortunately we will be unable to flock apartment complexes.

Flamingos available for flamingoing:

Flock of 25: \$20.00 per flamingoing

Flock of 50: \$35.00 per flamingoing

Flock of 75: \$50.00 per flamingoing

Flamingoing insurance: \$30.00 (prevents you from being flamingoed)

*** Pink Flamingos are property of the Colchester Parks & Recreation Department* They will be placed and removed by the recreation department. Flocks will stay on the lawn about 24 hours before they migrate to another lawn. ***

All profits go to the Colchester Parks & Recreation Scholarship Fund

ADDITIONAL PAPERWORK IS NECESSARY TO REGISTER. FOR MORE INFORMATION VISIT OUR WEBSITE OR STOP BY THE RECREATION OFFICE.

HAPPY PRANKING!

2011 COLCHESTER CALENDAR PHOTOGRAPHY CONTEST

All Ages

The Colchester Parks & Recreation Department is looking for local photographers to help capture the moments here in Colchester. Photographers are encouraged to submit pictures they have taken of our beautiful town through the seasons. The contest will take place December 2009 - October 2010. Winning photographs will be compiled into a 12 month calendar for 2011.

For more information on how to submit a photo, please contact the Recreation Department at 264-5640 or download the information from www.colchestervt.gov and click on the Parks & Recreation Department.

LOCATION: Photo must be taken in Colchester

FEE: Free

COLCHESTER



BUILDING BRIGHT FUTURES OF COLCHESTER

Building Bright Futures of Colchester (BBFC), formally known as Colchester Early Childhood Connection is thrilled to announce the continuation of our grant from the Building Bright Futures of Chittenden County - Vermont Success by Six Initiative and Department of Human Services.

Vermont's Future Starts with Today's Children

RESOURCE FOR NEWBORN BABIES

BBFC no longer visits homes of newborn babies in Colchester. However, for a newborn resource packet free of charge, contact Building Bright Futures at buildingbrightfutures.org

PLAYGROUP

Ages Birth - 6

A great opportunity for parents and their children to connect with other parents while children engage in a group experience. Playgroup will be facilitated by an experienced Early Childhood Educator. Sign-ups are ongoing. Parents are asked to bring their own snacks. **Minimum: 10 Families.**

#390000A Wednesdays 9:30 - 11:00 a.m. Jul. 7 - Aug. 4

FACILITATOR: Building Bright Futures of Colchester

LOCATION: Colchester Meeting House, Downstairs

FEE: FREE



YOUNG REMBRANDTS JR. CAMP MONSTER AND CARTOONING

Ages 4 - 6

A variety of animals will inspire us in this camp-with cartooning and drawing. Expressions, human characteristics, movement, action and joke sequencing will be centered on different animals. This is a popular camp for animal lovers and cartoon enthusiasts. Students will use pencils, markers and Sharpies™ to complete their cartoons. When we get tired of cartooning and being silly, we will turn our attention to drawing more serious animal pictures. We will imagine ourselves at the zoo as we learn to draw a wide variety of animals. Our final day will result in one large scene of the zoo, divided into several habitats and incorporating the many animal friends we have learned to draw. Markers or color pencils will complete our realistic or graphic style drawings. **Minimum: 8, Maximum: 15.**

#381002C Mon - Fri 9:00 - 11:00 a.m. July 26 - 30

INSTRUCTOR: Young Rembrandts Staff

LOCATION: Colchester Meeting House, Upstairs

FEE: \$100 residents/\$105 non residents

New

"BABY MUSIC" - MOVEMENT & MUSIC FOR MOMMY & ME

Ages Birth - 18 Months (pre-walking babies)

New

Many experts agree that early exposure to music can stimulate mathematical thinking! This fun, interactive, music & movement class offers your baby wonderful cognitive, social, & physical benefits and is designed to enhance their natural sense of rhythm and nurture her innate love of music! Meet other parents and learn many delightful "take-home" activities and songs which will engage, stimulate and enrich your child's ever expanding world! Age appropriate activities will include knee bounces, finger plays, scarf "peek-a-boo" songs, lullabies, coordination exercises, baby dances with colorful ribbons, blanket swings, guitar sing-a-longs with instruments, parachute activities and lots and lots of bubbles! As an early childhood educator, Ellie Tetrick (of Ellie's Preschool Parties) combines over 20 years of experience teaching Gymboree, Kindermusik and preschool music with her love of children to help parents entertain, engage and enjoy their babies at this very special stage of their lives! This class is for babies with guardians only, please no older siblings. BBFC is proud to subsidize the cost of this enriching class, therefore offering it at a reduced rate thanks to our grant through the Vermont Success by Six Initiative. **Please bring a "floor-ready" baby blanket. Minimum: 8, Maximum: 16.**

#390001A Thursdays 11:00 - 11:45 a.m. Jun. 24 - Jul. 15

INSTRUCTOR: Ellie Tetrick of Ellie's Preschool Party

LOCATION: Colchester Meeting House, Upstairs

FEE: \$25 residents/\$30 non residents

WELCOME BABY ICE CREAM SOCIAL

Ages Birth - 1 & Parents

Bring your baby down to the front grass area between the Burnham Memorial Library and Colchester Meeting House for an Ice Cream Social. Meet other Colchester families with babies and start friendships. This event is open to all Colchester residents. Siblings are welcome. **Pre-registration required.**

#390002A Saturday 12:00 - 2:00 p.m. July 10

HOSTS: Building Bright Futures of Colchester & Burnham Memorial Library

LOCATION: Burnham Memorial Library, Front Lawn
Rain Location: Colchester Meeting House

FEE: FREE

START SMART SOCCER

Ages 3 - 5

This program introduces children to soccer in a fun non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the fear of getting hurt. This program is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. **Pre-registration is required. Minimum: 8, Maximum: 15.**

#388010A Tuesdays 6:15 - 7:00 p.m. Jul. 13 - Aug. 17

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Bayside Park, Next to Pavilion

FEE: \$50 residents/\$55 non residents





We would like to introduce you and your child to our Vermont State Licensed A.C.E. Before & After School Program. We are excited to be able to offer a program that will provide your child a structured, nurturing and safe environment before & after school. Our staff will offer age appropriate activities that will create social, physical, creative and emotional opportunities for growth.

A.C.E. Program Mission Statement

*** Provide children with an Active, Creative, Enriching before & after school experience**

*** Provide staff who strive for excellence**

*** Support parents by providing a quality and affordable before & after school environment for their children**

Before School Program - MBS Only

Our morning program begins at **7:00 a.m. (new start time)** and is structured to allow various drop off times. The children will play games, board games, arts & crafts & more.

After School Program - MBS, UMS & PPS

Our afternoon program will provide quality childcare that parents can rely upon throughout the school calendar year. Students will work on homework, play games, make arts & crafts, play outside, go on field trips and much more. A healthy snack & juice is provided for the children each day.

Cost Per Week 2010 - 2011

Before School Care (MBS Only)

Days Attending	1st Child	Additional Child
5 days/week	\$37	\$32
4 days/week	\$33	\$29
3 days/week	\$29	\$26
2 days/week	\$23	\$21

After School Care

Days Attending	1st Child	Additional Child
5 days/week	\$73	\$68
4 days/week	\$65	\$61
3 days/week	\$53	\$50
2 days/week	\$40	\$38

Both Before & After School Care (MBS Only)

Days Attending	1st Child	Additional Child
5 days/week	\$97	\$92
4 days/week	\$86	\$82
3 days/week	\$71	\$68
2 days/week	\$54	\$52

You may enroll your child in the A.C.E. Program for 2, 3, 4 or 5 days a week. 1 day option is not available.

A.C.E.

(Active, Creative, Enrichment) Before & After School Program For Children Grades K - 6

**Malletts Bay School
Porters Point School
Union Memorial School**

Our Staff

All Before & After School staff selected by the Recreation Department must undergo a complete background check. Site Directors have education degrees and Site Assistants are working toward a degree in education or similar field.

Schedule & Calendar

The A.C.E. Program follows the Colchester District School Calendar and runs Monday - Friday before school from **7:00 a.m. (new start time)** - 8:30 a.m. (MBS only) and is available after school until 6:00 p.m. (all sites)



Registration & Enrollment

Parents must complete a registration form and submit it with a \$20 non-refundable registration fee along with the first week payment. Children who cannot be immediately enrolled will be placed on a waiting list. Parents will be contacted by Colchester Parks & Recreation on the status of their child's enrollment.

People wishing to participate in the program that are not currently enrolled may register beginning March 29, 2010.

Enrollment Changes

All changes in enrollment must be approved by the Program Coordinator. A two week written notification is required for all enrollment changes. A \$5.00 fee will be assessed for each change in enrollment. Enrollment changes must be on a permanent basis unless there is a one time emergency and special permission may be granted.

Payments

Payments are due on the 1st Friday of every month. Payments are to be made by automatic withdrawal from a savings or checking account. We will also accept Visa or Mastercard which will be placed on file.

Financial Assistance

Assistance is available through the Vermont Agency of Human Services - Childcare Services Division. For an application or further information on the Vermont Childcare Subsidy Program call 1-800-339-3367.

For more information or to get a registration packet contact Jennifer Benway, Program Coordinator for the Colchester Parks & Recreation Department at 264-5643 or e-mail jbenway@colchestervt.gov

A.C.E. Registration Form



Colchester Parks & Recreation Department 2010 - 2011 A.C.E. BEFORE & AFTER SCHOOL PROGRAM

GENERAL INFORMATION

Child's Name: _____ Date of Birth: ____/____/____

Grade (2010 - 2011): _____ Age: _____ Sex: M F

Site (please check one): _____ Malletts Bay School _____ Union Memorial School
_____ Porters Point School

Please check days registering for **BEFORE SCHOOL: MBS ONLY** (must register at least 2 days):

____ Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday

Please check days registering for **AFTER SCHOOL** (must register for at least 2 days):

____ Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday

PRIMARY GUARDIAN

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Employer: _____

Phone: (H) _____ (W) _____

Cell Phone: _____ Pager: _____

E-Mail: _____

Relationship to child: _____

Who will be responsible for the payments: _____

SECONDARY GUARDIAN

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Employer: _____

Phone: (H) _____ (W) _____

Cell Phone: _____ Pager: _____

E-Mail: _____

Relationship to child: _____

EMERGENCY CONTACTS

(THREE MUST BE PROVIDED - OTHER THAN PRIMARY/SECONDARY GUARDIANS):

#1 Name: _____ Relation to Child: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

Do you give permission for Emergency Contact #1 to pick up your child (please circle) YES NO

#2 Name: _____ Relation to Child: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

Do you give permission for Emergency Contact #2 to pick up your child (please circle) YES NO

#3 Name: _____ Relation to Child: _____

Phone: (Home) _____ (Work) _____ (Cell) _____

Do you give permission for Emergency Contact #3 to pick up your child (please circle) YES NO

Day Camps

10

EXPLORER CAMP



Ages 6 - 12

This popular week long camp will consist of plenty of cooperation and non-competitive activities that your child will enjoy. There will be weekly trips or events, which will guarantee a new recreational experience for your child. Activities will include: arts & crafts, swimming, recreational games, nature games and much more! This camp is held rain or shine so be sure to bring appropriate clothing. **Campers need to bring a lunch, snack, water bottle, bathing suit, sunscreen, towel and sneakers each day.** Campers will receive only one Explorer Camp t-shirt regardless of the number of weeks they attend. **Minimum: 25, Maximum: 60.**

Session A

#384000A Mon - Fri 9:00 a.m.- 4:00 p.m. June 21 - 25

Session A: Extended Hours:

#384000A1	Monday - Friday	7:30 - 9:00 a.m.	\$16
#384000A2	Monday - Friday	8:00 - 9:00 a.m.	\$13
#384000A3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000A4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session B

#384000B Mon - Fri 9:00 a.m.- 4:00 p.m. Jun. 28 - Jul. 2

Session B: Extended Hours:

#384000B1	Monday - Friday	7:30 - 9:00 a.m.	\$16
#384000B2	Monday - Friday	8:00 - 9:00 a.m.	\$13
#384000B3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000B4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session C

#384000C Mon - Fri 9:00 a.m.- 4:00 p.m. July 5 - 9

Session C: Extended Hours:

#384000C1	Monday - Friday	7:30 - 9:00 a.m.	\$16
#384000C2	Monday - Friday	8:00 - 9:00 a.m.	\$13
#384000C3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000C4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session D

#384000D Mon - Fri 9:00 a.m.- 4:00 p.m. July 12 - 16

Session D: Extended Hours:

#384000D1	Monday - Friday	7:30 - 9:00 a.m.	\$16
#384000D2	Monday - Friday	8:00 - 9:00 a.m.	\$13
#384000D3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000D4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session E

#384000E Mon - Fri 9:00 a.m.- 4:00 p.m. July 19 - 23

Session E: Extended Hours:

#384000E1	Monday - Friday	7:30 - 9:00 a.m.	\$16
#384000E2	Monday - Friday	8:00 - 9:00 a.m.	\$13
#384000E3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000E4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session F

#384000F Mon - Fri 9:00 a.m.- 4:00 p.m. July 26 - 30

Session F: Extended Hours:

#384000F1	Monday - Friday	7:30 - 9:00 a.m.	\$16
#384000F2	Monday - Friday	8:00 - 9:00 a.m.	\$13
#384000F3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000F4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session G

#384000G Mon - Fri 9:00 a.m.- 4:00 p.m. August 2 - 6

Session G: Extended Hours:

#384000G1	Monday - Friday	7:30 - 9:00 a.m.	\$16
#384000G2	Monday - Friday	8:00 - 9:00 a.m.	\$13
#384000G3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000G4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session H

#384000H Mon - Fri 9:00 a.m.- 4:00 p.m. August 9 - 13

Session H: Extended Hours:

#384000H1	Monday - Friday	7:30 - 9:00 a.m.	\$16
#384000H2	Monday - Friday	8:00 - 9:00 a.m.	\$13
#384000H3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000H4	Monday - Friday	4:00 - 5:30 p.m.	\$16

Session I

#384000I Mon - Fri 9:00 a.m.- 4:00 p.m. August 16 - 20

Session I: Extended Hours:

#384000I1	Monday - Friday	7:30 - 9:00 a.m.	\$16
#384000I2	Monday - Friday	8:00 - 9:00 a.m.	\$13
#384000I3	Monday - Friday	4:00 - 5:00 p.m.	\$13
#384000I4	Monday - Friday	4:00 - 5:30 p.m.	\$16

LOCATION: Bayside Park, Pavilion

Rain Location: Malletts Bay School

FEE: \$115 residents/\$120 non residents

Field Trips: Trips are held on Thursdays. **Swimming Lessons During Camp:** If you would like your child to enroll in swimming lessons while attending camp you must register separately for the lessons, you must sign up for the **2:00 - 2:50 slot (Page 18)**. Lessons are an additional fee.

JUNIOR EXPLORER CAMP



Ages 4 - 6

Formally known as Little Lakers Camp. Jr. Explorer will be a new adventure for your children. This full day camp will have exciting activities for your child to enjoy. Jr. Explorers will experience arts & crafts, non-competitive games, outside play and go to the beach each day. Also, campers will go on a field trip (locally) or be visited by an enrichment specialist. When trips are planned, parents will be notified at the beginning of the week. **Please bring a lunch, snack, sunscreen, water bottle, bathing suit and towel daily. CAMPERS WILL RECEIVE SWIMMING LESSONS AS PART OF THIS CAMP. LESSONS WILL BE HELD 12:10 - 12:50 PM MONDAY - THURSDAY (Make up date: Fridays).** Campers will receive one t-shirt for the summer, please indicate shirt size when registering. **Minimum: 12, Maximum: 30.**

Session A

#385000A Mon - Fri 9:00 a.m.- 4:00 p.m. June 21 - 25

Session B

#385000B Mon - Fri 9:00 a.m.- 4:00 p.m. June 28 - July 2

Session C

#385000C Mon - Fri 9:00 a.m.- 4:00 p.m. July 5 - 9

Session D

#385000D Mon - Fri 9:00 a.m.- 4:00 p.m. July 12 - 16

Session E

#385000E Mon - Fri 9:00 a.m.- 4:00 p.m. July 19 - 23

Session F

#385000F Mon - Fri 9:00 a.m.- 4:00 p.m. July 26 - 30

Session G

#385000G Mon - Fri 9:00 a.m.- 4:00 p.m. August 2 - 6

Session H

#385000H Mon - Fri 9:00 a.m.- 4:00 p.m. August 9 - 13

LOCATION: Malletts Bay School, Cafeteria

FEE: \$115 residents/\$120 non residents

Athletics

QUICKSTART TENNIS

Ages 5 - 8

QuickStart Tennis has a new format to help kids learn and play the game. Age appropriate equipment will be used for kids to gain greater confidence and build better playing skills. Staff will create a fun atmosphere while incorporating basic tennis skills while playing games. An excellent way to expose your child to tennis! Racquets provided if needed. **Minimum: 4, Maximum: 12.**

Session A

#301200A Mon - Fri 9:15 - 10:00 a.m. June 21 - 25

Session B

#301200B Mon - Fri 9:15 - 10:00 a.m. June 28 - July 2

Session C

#301200C Mon - Fri 9:15 - 10:00 a.m. July 5 - 9

Session D

#301200D Mon - Fri 9:15 - 10:00 a.m. July 12 - 16

Session E

#301200E Mon - Fri 9:15 - 10:00 a.m. July 19 - 23

Session F

#301200F Mon - Fri 9:15 - 10:00 a.m. July 26 - 30

Session G

#301200G Mon - Fri 9:15 - 10:00 a.m. August 2 - 6

Session H

#301200H Mon - Fri 9:15 - 10:00 a.m. August 9 - 13

INSTRUCTOR: The Sports & Fitness Edge Staff

LOCATION: Bayside Park, Upper Tennis Courts
Rain Location: Colchester Middle School, Gym

FEE: \$30 residents/\$35 non residents

TENNIS ACADEMY

Ages 7 - 14

Tennis Academy is a 5-day camp from 10:30 a.m. - 1:30 p.m. The end of each day will be set aside for lunch and a supervised swim at Bayside Beach. Camp will focus on strokes and provide match play and or lead-up games/drills to reinforce tennis skills and rules. **Campers must bring tennis racquet, bathing suit, towel, sunscreen, lunch and plenty to drink (please no soda).** **Minimum: 4, Maximum: 12.**

Session A: Ages 7 - 10

#301300A Mon - Fri 10:30 a.m. - 1:30 p.m. June 21 - 25

Session B: Ages 11 - 14

#301300B Mon - Fri 10:30 a.m. - 1:30 p.m. June 28 - July 2

Session C: Ages 7 - 10

#301300C Mon - Fri 10:30 a.m. - 1:30 p.m. July 5 - 9

Session D: Ages 11 - 14

#301300D Mon - Fri 10:30 a.m. - 1:30 p.m. July 12 - 16

Session E: Ages 7 - 10

#301300E Mon - Fri 10:30 a.m. - 1:30 p.m. July 19 - 23

Session F: Ages 11 - 14

#301300F Mon - Fri 10:30 a.m. - 1:30 p.m. July 26 - 30

Session G: Ages 7 - 10

#301300G Mon - Fri 10:30 a.m. - 1:30 p.m. August 2 - 6

Session H: Ages 11 - 14

#301300H Mon - Fri 10:30 a.m. - 1:30 p.m. August 9 - 13

INSTRUCTOR: The Sports & Fitness Edge Staff

LOCATION: Bayside Park, Upper Tennis Courts
Rain Location: Colchester Middle School, Gym

FEE: \$80 residents/\$85 non residents

YOUTH TENNIS CLINICS

Ages 9 - 13

All group clinics are offered in two week sessions with classes meeting Monday - Wednesday. If necessary, rainouts will be held on Thursday and Friday at the scheduled time. Clinics will be structured around the beginner to intermediate level. Participants will remain active through on court instruction and play. A great way to learn and improve those tennis skills! **Minimum: 4, Maximum: 12.**

Session A

#301201A Mon - Wed 5:30 - 6:30 p.m. June 21 - 30

Session B

#301201B Mon - Wed 5:30 - 6:30 p.m. July 5 - 14

Session C

#301201C Mon - Wed 5:30 - 6:30 p.m. July 19 - 28

Session D

#301201D Mon - Wed 5:30 - 6:30 p.m. August 2 - 11

INSTRUCTORS: The Sports & Fitness Edge Staff

LOCATION: Bayside Park, Upper Tennis Courts

FEE: \$50 residents/\$55 non residents



TEEN HIKES

Ages 12 - 15

New

These hikes are short and steep, but offer excellent views in every direction. Participants will need a jacket, snacks and plenty of water. Transportation provided. **Minimum: 4, Maximum: 8.**

Session A: Camel's Hump

#330201A Tuesday 1:00 - 8:00 p.m. August 3

Session B: Mt. Hunger

#330201B Thursday 1:00 - 8:00 p.m. August 5

TRIP LEADER: Colchester Parks & Recreation Staff

LOCATION: Drop Off & Pick Up at Colchester Town Offices

FEE: \$15 residents/\$20 non residents



YOUTH HIKE - STOWE PINNACLE

Ages 10 - 13

New

This short hike will take us to the bald summit where we will enjoy the views and have a snack. We will stop for ice cream after the hike on the way back to Colchester. Participants will need a jacket, snacks and plenty of water. Transportation provided. **Minimum: 4, Maximum: 8.**

#330203A Wednesday 1:00 - 6:30 p.m. August 4

TRIP LEADER: Colchester Parks & Recreation Staff

LOCATION: Drop Off & Pick Up at Colchester Town Offices

FEE: \$15 residents/\$20 non residents

Athletics & Athletic Camps

12

START SMART GOLF

Ages 5 - 7

This program introduces children to golf in a fun non-threatening environment. Start Smart Golf prepares children and their parents for organized golf without the fear of getting hurt. This program is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. *Pre-registration is required. Minimum: 8, Maximum: 12.*

#388014A Wednesdays 5:00 - 5:45 p.m. June 23 - July 28

INSTRUCTOR: Colchester Parks & Recreation Staff
LOCATION: Colchester High School, Soccer Field
FEE: \$45 residents/\$50 non residents



HOOK A KID ON GOLF - TEE LEVEL

Ages 8 - 15

Colchester Recreation and The Stephen J. Brown Junior Golf Foundation once again present this wonderful week of golf. If golf looks fun to you and you have never played before, this is the program for you! To be eligible participants must have never played golf before and do not own a set of golf clubs. This week long clinic is designed to introduce swing fundamentals, rules and etiquette and history of the game. At the end of the week you will get to play on a golf course with your new skills and brand new set of clubs that are yours to keep. The Hook a Kid on Golf Program is developed by the National Alliance for Youth Sports. **Minimum: 10, Maximum: 12.**

Session A

#388004A Mon - Fri 9:00 a.m. - 12:00 p.m. June 21 - 25

Session B

#388004B Mon - Fri 9:00 a.m. - 12:00 p.m. August 2 - 6

INSTRUCTOR: Colchester Parks & Recreation Staff
LOCATION: Essex Country Club: 332 Old Stage Rd, Essex
FEE: \$110 residents/\$115 non residents

ZUMBATOMIC® LITTLE & BIG STARZ

Ages 4 - 12



Chillin' out may be cool, but rockin' out is a blast. Let loose with Zumbatomic® a dance-fitness class for kids. Zumbatomic® is a dance-fitness class for kids. It's a fast-forward fusion of the Zumba® program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic® groove. Watch their energy and fitness levels soar as they get the groove. Dress children in light comfortable clothing, with socks & shoes. Each child should also have their own water bottle, clearly labeled with their name. **Minimum: 8, Maximum: 15.**

LITTLE STARZ (Ages 4 - 7)

#380025A Tuesdays 1:00 - 1:50 p.m. Jun. 29 - Aug. 3

FEE: \$60 residents/\$65 non residents

BIG STARZ (Ages 8 - 12)

#380026A Tuesdays 2:00 - 3:00 p.m. Jun. 29 - Aug. 3

FEE: \$70 residents/\$55 non residents

INSTRUCTOR: Jeanne Neu
LOCATION: Colchester Kids RehabGym, 908 Roosevelt Hwy.



All camps marked with a mailbox will receive a letter in the mail prior to the first day of camp.

GIRL SPIRIT CREATIVE YOGA & DANCE CAMP

Girls Ages 6 - 9

Calling all girls!...Do you enjoy playing, dancing, creating and relaxing? Girls unite to explore creative yoga and dance in a joyful, fun-filled week-long camp! We will explore yoga postures and games, cooperation and trust activities and express ourselves through creative dance and beautiful craft making fostering self-confidence, self-expression and positive self-image where every girl is a WINNER! Girls experience the joy and freedom of being in their body, they deepen their connection with the world around them, and they celebrate their individuality and uniqueness! * No special skills required, girls!...just come as you (perfectly) are! *Parents: Please support the Girl Spirit theme by sending your child to camp with healthful, nutritious snacks and a water bottle. Minimum: 8, Maximum: 13.*

#381001A Mon - Fri 8:30 - 11:30 a.m. June 14 - 18

INSTRUCTORS: Sylvia Kabusk, Founder of Girl Spirit Camps and Workshops, Owner of Ananta Yoga
LOCATION: Colchester Meeting House, Upstairs
FEE: \$88 residents/\$93 non residents



TRACK & FIELD

Ages 7 - 14 (must not turn 15 prior to 12/31/10)

Colchester Parks & Recreation's Track program helps to develop and enhance skills of running, jumping and throwing, skills that are important in the success of any sport or fitness activity, with an emphasis on fun and fitness. This track program will also serve as a training session for our team to attend the Hershey State Track meet that will be held on July 10th in Essex and the VRPA Track meet on July 24th in St. Johnsbury. **Maximum: 50.**

#388003A Tues & Thurs 6:00 - 7:30 p.m. Jun. 15 - Jul. 27

COACHES: Colchester Parks & Recreation Staff
LOCATION: Colchester High School, Track
FEE: \$63 residents/\$68 non residents

FIT TO WIN

Ages 6 - 14

The exercise habits kids adopt in childhood will have a direct effect on their future health. Fit to Win is a fitness program that promotes nutrition, goal setting, improving coordination, strength and endurance and the importance of health and fitness. Children complete age appropriate work-out routines such as circuit training, aerobics, core strengthening, obstacle courses, resistance activities, and pool exercises. **Minimum: 10, Maximum: 12.**

#380027A Mon, Wed, Fri 9:00 - 11:00 a.m. Jun. 21 - Aug. 27

INSTRUCTOR: Chelsea Myers & Staff
LOCATION: Colchester Kids RehabGYM, 905 Roosevelt Hwy
FEE: \$210 residents/\$215 non residents

Athletics Camps

BIKE CAMP

Ages 10 - 14

Enjoy touring Colchester during this fun week of biking. Bikers will take daily trips, learn bike safety, bike maintenance, map reading and proper hydration/nutrition. Kids need to be ready for a physically challenging week. Participants will need to bring a bike with gears and a helmet daily. Please be aware that muddy conditions may be encountered. If you need a bike please inform the Recreation Department when registering. Please indicate t-shirt size. **Minimum: 10, Maximum: 20.**

#387016A Mon - Fri 8:00 a.m. - 12:00 p.m. June 14 - 18

INSTRUCTOR: CPD Bike Division & North Star Cyclery

LOCATION: Bayside & Airport Parks

FEE: \$35 residents/\$40 non residents

FIELD HOCKEY CAMP

Ages 10 - 14



At Field Hockey Camp, we are committed to making you better, stronger, improve your techniques and develop your self-confidence in getting you inspired about your potential. Most importantly, we want you to fall in love with field hockey! You'll leave camp with new techniques, new energy, new friends and new goals. And we guarantee that every part of the process will be fun. Practicing and learning the important skills and principles of field hockey will maximize your chances for success. *All players need to have a mouth guard, shin guards, sneakers or cleats, water bottle, snack and field hockey stick. Need a field hockey stick? We can get a starter kit for you! Additional \$42. We'll get you a stick, bag, shin guards and a ball. Provide height for proper stick size.* **Minimum: 20, Maximum: 60.**

#300003A Mon - Fri 8:00 - 11:00 a.m. June 21 - 25

FEE: \$65 residents/\$70 non residents

Starter Kit: #300003B Please indicate height on registration form

FEE: \$42 residents & non residents

COACH: Shawn Lefebvre, CHS Varsity Field Hockey Coach

LOCATION: Colchester High School, Field Hockey Field

Rain Location: CHS Gym (bring sneakers)

BASEBALL CAMP

Ages 5 - 12

Our baseball staff will introduce the skills and FUN-damentals of the game of baseball. Players will develop new or improve existing throwing, hitting and other baseball skills. Open to all levels. **All players must bring their own glove, water bottle, hat, cleats or sneakers and snack. Minimum: 20, Maximum: 25 (Ages 5-6).**

Session A: (Ages 5 - 6)

#388006A Mon - Fri 8:30 - 11:30 a.m. July 5 - 9

Session B: (Ages 7 - 12)

#388006B Mon - Fri 8:30 - 11:30 a.m. July 5 - 9

COACHES: CHS Varsity Coach Tom Perry & Team

LOCATION: Airport Park, Baseball Fields

Rain Location: Colchester High School, Gym

FEE: \$75 residents/\$80 non residents

BASKETBALL CAMP

Ages 6 - 14

Emphasis will be placed on basketball fundamentals including dribbling, passing, shooting, rebounding and defensive play. Each player will receive instruction and personal attention in learning basic skills while being encouraged to learn at his/her own rate. Camp games will be played daily for enjoyment and to develop team play. **Players need to bring a basketball, water bottle & wear sneakers.** Players will receive a camp t-shirt. All levels welcome. **Minimum: 15, Maximum: 40 per session.**

Session A: (Ages 9 - 14)

#388001A Mon - Fri 9:00 a.m. - 12:00 p.m. July 12 - 16

LOCATION: Colchester High School, Gym

Session B: (Ages 6 - 8)

#388001B Mon - Fri 1:00 - 3:00 p.m. July 12 - 16

LOCATION: Malletts Bay School, Gym

COACH: Joe Johnston & Bernie Cieplicki

FEE: Session A: \$58 residents/\$63 non residents

Session B: \$42 residents/\$47 non residents

BOYS LACROSSE CAMP

Ages 8 - 13

Camp will be for beginners to intermediates and will focus on the fundamentals and instruction of lacrosse; passing, catching, shooting and dodging, and above all experience the fun of lacrosse. Defense and team play will also be introduced in Session B. From Noon - 3:30 p.m., Intermediate players will swim, eat lunch at Bayside Beach and return to CHS to scrimmage. All players need to bring cleats, sneakers, mouth guard, stick, water bottle, snack and sunscreen. Intermediate players also need to bring any lacrosse equipment they have; arm pads, shoulder pads, gloves, a lunch, towel and bathing suit. Helmets will be provided. Sticks can be ordered at time of registration for an additional \$32. **Minimum: 15, Maximum: 40 per session.**

Session A: Beginners (Ages 8 - 11)

#388009A Mon - Fri 9:00 - 12:00 p.m. July 19 - 23

Session B: Intermediates (Ages 10 - 11 and 12 - 13)

#388009B Mon - Fri 9:00 - 3:30 p.m. July 19 - 23

Purchasing a Lacrosse Stick use code #388009C

FEE: \$32 residents & non residents

COACH: CHS Lacrosse Coach Dan Shepherd

LOCATION: Colchester High School, Athletic Fields

FEE: Session A: \$55 residents/\$60 non residents

Session B: \$85 residents/\$90 non residents

SOCCER CAMP

Ages 5 - 12

Players will receive instruction in small groups, learning soccer skills, team play, small-side games, and above all experience the fun of soccer. From Noon - 3:00 p.m., intermediate players will swim, eat lunch at Bayside Beach and return to CMS to scrimmage. Participants will receive a camp t-shirt. Please indicate shirt size when registering. **All players need to bring a soccer ball, sneakers, water bottle, snack and sunscreen. Intermediate players also need to bring a lunch, towel and bathing suit. Maximum: 40 per session.**

Session A: Juniors (Ages 5 - 7)

#388002A Mon - Fri 9:00 a.m. - 12:00 p.m. July 26 - 30

Session B: Intermediates (Ages 8 - 12)

#388002B Mon - Fri 9:00 a.m. - 3:00 p.m. July 26 - 30

INSTRUCTORS: Colchester Parks & Recreation Staff

LOCATION: Colchester Middle School, Athletic Fields

FEE: Session A: \$58 residents/\$63 non residents

Session B: \$89 residents/\$94 non residents

Athletic & Specialty Camps

14

JAZZERKAMP BY JAZZERCISE

Ages 4 - 12

Colchester JFC is excited to announce JazzerKamp 2010! Fun filled days of dance, fitness, nutrition, field trips, swimming, bowling, ice cream, theme days and more! **Full day registrants bring lunch, book to read, quiet games to play from 11:30 - 12:30. Minimum: 5.**

Session A: (1/2 Day: Ages 4 - 6 & 6 - 12)

#386009A Mon - Fri 8:30 - 11:00 a.m. Jun. 14 - 18

Session A1: (Full Day: Ages 6 - 12)

#386009A1 Mon - Fri 8:30 a.m. - 4:00 p.m. Jun. 14 - 18

Session B: (1/2 Day: Ages 4 - 6 & 6 - 12)

#386009B Mon - Fri 8:30 - 11:30 a.m. Aug. 23 - 27

Session B1: (Full Day: Ages 6 - 12)

#386009B1 Mon - Fri 8:30 a.m. - 4:00 p.m. Aug. 23 - 27

INSTRUCTOR: Jazzercise Certified Instructor

LOCATION: Jazzercise Fitness Center, 948 Hercules Drive

FEE: Session A & B: \$90 residents/\$95 non residents per session

Session A1 & B1: \$238 residents/\$243 non residents per session



NORTHERN LIGHTS ROCK'N ROPES ADVENTURE CAMP

Ages 10 - 15

This three day camp will focus on rock and ice climbing, hiking and geocaching. All onsite at NLRI, campers will experience our state of the art high and low challenge courses, Entre Prises Rock Climbing Pinnacle and Summer Ice Climbing Wall. **Day One:** Communication and Trust Building Initiatives, Geocaching, Map and Compass Skills, Treasure Hunt, Group Games, Survivor Initiatives and Cargo Zip Wire. **Day Two:** Climbing and Belaying Instruction including The ABC's of safety, Knots, Harness, Helmet, Commands, Techniques, free time for climbing in pairs, High Challenge Course and Zip Wire. **Day Three:** Ice Climbing Instruction, Mid Course Initiatives that include climbing and participant belay and Cargo Zip. **Minimum: 6, Maximum: 15.**

Session A

#386005A Wed - Fri 9:00 a.m.- 4:00 p.m. Jun. 30 - Jul. 2

Session B

#386005B Wed - Fri 9:00 a.m.- 4:00 p.m. Jul. 28 - 30

INSTRUCTOR: Northern Lights Rock & Ice Staff

LOCATION: Northern Lights Rock & Ice,
14 Freeman Woods Rd, Essex Jct.

FEE: \$169 residents/\$174 non residents

JUNIOR LIFEGUARDING CAMP

Ages 11 - 14

Get a jump start on becoming a lifeguard! Participants will learn about prevention, fitness, response, leadership and professionalism while gaining hands-on experience on a lake setting. Participants will spend Thursday getting the full "Guard Experience" to see if that is the summer profession they are truly interested in. **Participants will need to bring with them each day; bathing suit, towel, warm clothing, sunscreen, water and a snack. Thursday participants will also need to bring a lunch. Minimum 5; Maximum 15.**



#317002A Mon, Tues, Wed 9:00 - 12:00 p.m. July 26 - 29
Thurs 10:00 - 3:00 p.m.

INSTRUCTORS: Colchester Parks & Recreation Lifeguards

LOCATION: Bayside Beach

FEE: \$65 residents/\$70 non residents



FISHING CAMP

Ages 10 - 15 (Age 15 needs a VT Fishing License)

Lake Champlain International, Inc. (LCI) has partnered with Colchester Parks & Recreation to bring kids a memorable fishing experience! During this five-day camp, participants will travel to different bodies of water while trying to catch different species of fish. Along the way, we will educate you on fish identification, fishing regulations, lure, bait and equipment choices, outdoor skills and the State of Vermont Fish and Wildlife's Let's Go Fishing program. Camp will be led by a Professional Outdoor Guide who will provide you with some fishing secrets. An informational camp letter will be sent out prior to camp. **LCI, will provide each participant a rod & reel, terminal tackle. Minimum: 8, Maximum: 13.**

#386002A Mon - Fri 8:00 a.m. - 1:00 p.m. August 2 - 6

INSTRUCTOR: Uncle Jammer's Guide Service Staff

LOCATION: Bayside Park, Parking Lot

FEE: \$160 residents/\$165 non residents

FOOTBALL CAMP

Ages 8 - 14

This non-contact football camp is for kids of all levels. Experienced players to the backyard ball players are encouraged to join in this fun, educational week of football. Camp will be a daily combination of warm-up activities, stretches, fun drills and skills and a variety of games. No equipment is needed and players will receive a t-shirt. **Participants need to bring shorts, cleats or sneakers, sunscreen, water bottle and nutritious snack. Minimum: 20, Maximum: 50.**

#388000A Mon - Fri 8:30 - 11:30 a.m. August 9 - 13

COACHES: CHS Varsity Football Coach, Tom Perry
Staff & Team

LOCATION: Colchester High School, Football Field

FEE: \$75 residents/\$80 non residents

ARCHERY CAMP

Ages 10 - 14

Learn and experience the benefits of archery during this introduction to archery. Archer's will experience the thrill of success while being able to proceed at their own pace within a safety structured environment. Progress is tracked and each achievement is celebrated. Through recurve bows, participants will learn solid archery fundamentals, an efficient shooting form and proper equipment. Archery Camp will be taught by an ASAP Certified Instructor. **All equipment is provided during camp. Participants need to bring a water bottle, snack and sunscreen daily. Minimum: 6, Maximum: 16.**

#388007A Mon - Fri 9:00 a.m. - 12:00 p.m. August 16 - 20

INSTRUCTORS: Colchester Parks & Recreation, ASAP Certified

LOCATION: Bayside Park, Softball field

FEE: \$95 residents/\$100 non residents

SKATEBOARD CAMP

Ages 8 - 14

Learn from some of Vermont's finest boarders! This camp is geared to skaters with beginner to intermediate skills. Boarders will be split into groups based on abilities. Participants will learn such tricks as pushing, ollieing, dropping in, board slides and grinds. **All boarders must have helmets and wristguards. Minimum: 5, Maximum: 40.**

#388008A Mon - Fri 9:00 a.m. - 12:00 p.m. August 23 - 27

INSTRUCTORS: Talent Skatepark Staff

LOCATION: Bayside Skateboard Park

FEE: \$125 residents/\$130 non residents

Specialty Camps

INTRODUCTION TO BACKPACKING (OVERNIGHT CAMPING TRIP)



Ages 13 - 16

This introductory trip will prepare you to spend a night backpacking. You will first learn about gear, clothing, food, leave no trace and hiker safety. Then we will spend a night camping on the Long Trail. Rental equipment is available for \$25.00 which includes sleeping bag, sleeping pad, backpack and a two person tent. **ALL PARTICIPANTS NEED TO ATTEND MEETING HELD ON JUNE 8TH AT THE COLCHESTER MEETING HOUSE FROM 6:30 - 8:30 P.M.** Minimum: 5, Maximum: 8.

#386006A	Tuesday	Departure 9:00 a.m.	June 22
	Wednesday	Return around 4:00 p.m.	June 23

Mandatory meeting: June 8th: 6:30 - 8:30 pm
at the Colchester Meeting House

Rental of equipment use code #386006B

FEE: \$25 residents & non residents

TRIP LEADER: Colchester Parks & Recreation Staff
LOCATION: Drop Off & Pick Up at Bayside Park
FEE: \$68 residents/\$73 non residents

WOODS, WATER & WILDLIFE

Ages 10 - 15 (Age 15 needs a VT Fishing License)

Spend three days in the outdoors with professional guides! This popular program will focus on: hiking, outdoor skills, wildlife identification, outdoor fire building, canoeing, water safety, spin and fly fishing. Learn skills that will last a lifetime. Participants will be physically active daily. **Please prepare by bringing a nutritious snack and lunch, plenty of water and appropriate clothing for the weather and activities.** Minimum: 6, Maximum: 15.

#386001A	Wed - Fri	9:00 a.m. - 4:00 p.m.	July 7 - 9
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INSTRUCTOR: Uncle Jammer's Guide Service Staff
LOCATION: Wednesday: Bayside Park
Thursday & Friday: Colchester Pond
FEE: \$131 residents/\$135 non residents

EXTREME ADVENTURE CAMP

Ages 10 - 15

Gain the knowledge and take this opportunity to explore the outdoor world. Professional outdoor guides will teach you rock climbing, hiking, orienteering, wilderness trip planning, canoeing and caving. Extreme Adventure is for boys and girls of all abilities who will be encouraged and supported throughout the week. Participants will need to be ready for a physically challenging safe week. All equipment and transportation will be provided with the exception of Tuesday in which parents will be expected to drop off and pick up their child at Petra Cliffs in Burlington. **Please prepare by bringing a nutritious snack and lunch, plenty of water and appropriate clothing for the weather and activities.** All participants need to have proof of a physical within 24 months of camp. Minimum: 8, Maximum: 10.

Session A

#386006A	Mon - Fri	9:00 a.m. - 4:00 p.m.	July 19 - 23
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Session B

#386006B	Mon - Fri	9:00 a.m. - 4:00 p.m.	August 16 - 20
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INSTRUCTOR: Petra Cliffs Staff
LOCATION: Bayside Park - M,W,TH,F
Petra Cliffs - TUES
FEE: \$260 residents/\$265 non residents

DESIGNER'S CHALLENGE



Ages 8 - 12

Join us on a roller coaster ride filled with innovation, creativity and design technology. Your camper will be building, designing, and creating structures with a wide variety of materials. We will design structures, create K'nex models (including roller coasters), develop and test paper airplanes & model cars, explore origami and much, much more. Campers will also have the opportunity to program K'nex projects using computers, and design projects based on their interests. **Campers will need a snack, lunch, water bottle each day.** Minimum: 20, Maximum: 24.

#387001A	Mon - Fri	9:00 a.m. - 4:00 p.m.	July 12 - 16
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INSTRUCTORS: Aimee Boucher & Kathy Bonfigli

LOCATION: Malletts Bay School, Art Room

FEE: \$119 residents/\$124 non residents

TECHKIDS CAMP



Ages 8 - 12

Technology in the 21st Century will become increasingly important. Spend a fun-filled week exploring cutting-edge technology in Colchester's Techkids Camp for boys and girls alike. Students will explore a variety of technology based on their interests. Opportunities will include movie making, blogging, creating slide shows and photostories, designing e-posters, programming K'nex models and the list goes on! **Campers need to bring a snack, lunch, water bottle each day.** Minimum: 20, Maximum: 24.

#387002A	Mon - Fri	9:00 a.m. - 4:00 p.m.	July 19 - 23
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INSTRUCTORS: Aimee Boucher & Kathy Bonfigli

LOCATION: Malletts Bay School, Computer Lab

FEE: \$119 residents/\$124 non residents

YOUTH WOODWORKING CAMP



Ages 8 - 13

Come learn a new craft and make some sawdust with us this summer! In this class we will be walking you through how to make several small woodworking projects using hand tools. You will learn how to layout, cut/shape, and assemble your projects. There will be no power tools in this class and no experience with hand tools is necessary. Both sessions are the same. **Minimum: 6, Maximum 12.**

Session A

#386010A	Mon - Fri	8:30 - 10:00 a.m.	July 26 - 30
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Session B

#386010B	Mon - Fri	10:30 a.m. - 12:00 p.m.	July 26 - 30
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INSTRUCTORS: Sachi Hergesheimer & Stuart Cheney

LOCATION: Colchester Middle School, Cafeteria

FEE: \$100 residents/\$105 non residents

LIGHTS, CAMERA...ACTION! FILM CAMP

Ages 10 - 14

Looking to learn and experience the world of television? During this 5 day camp, participants will be taught the basics of operating a camera, directing a television program and editing video footage. Also, the skills needed to prepare tape and digitally edit their own show, while working towards the completion of a brief video project that will air on Lake Champlain Access Television. **Minimum: 6, Maximum: 10.**

#387004A	Mon - Fri	9:00 a.m. - 12:00 p.m.	August 23 - 27
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INSTRUCTOR: Nissa Kauppila, LCAT Staff

LOCATION: Lake Champlain Access Television, 354 Prim Rd.

FEE: \$55 residents/\$60 non residents

Specialty Camps

16

SOUTH SEAS ADVENTURE CAMP

Ages 8 - 13

Welcome to the South Pacific, islands of adventure! Lush jungles, tasty coconuts, crashing waterfalls, exotic tropical islands! Hammerhead sharks? Cannibals? Oh my! Join us as we visit Fiji's culture, history, islands, and seas! Create shell necklaces, make traditional tapa cloth, and explore Fijian foods! Trekking the islands can make you hot and hungry - **bring a bathing suit, sunscreen, snack, and bag lunch!** **Minimum: 20, Maximum: 24.**

#387012A Mon - Fri 9:00 a.m. - 4:00 p.m. June 21 - 25

INSTRUCTORS: Dawn Buswell & Kristen Mendl
LOCATION: Malletts Bay School, Art Room
FEE: \$119 residents/\$124 non residents

SEW SIMPLE "THINGS WE USE"

Ages 8 - 10

A basic sewing camp. This years theme is "Things we use!" We will be creating things like grocery bags, reusable snack/sandwich bags, lunch bag, apron, pot holder, tote bag, pencil bag, notebook cover, backpack, etc. We begin by learning the sewing machine and continue creating from there. Plus we will get some fresh air each day by either walking on the bike path or swimming in Lake Champlain. **Things to Bring:** Three (3) - 1 yard pieces of fabric that go together (color coordinate), lunch with 2 snacks, water bottle, favorite reading book, 3-ring notebook (if you wish to make the notebook cover), swimsuit and towel. **Minimum: 7, Maximum: 10.**

#387010B Mon - Fri 9:00 a.m. - 4:00 p.m. June 21 - 25

INSTRUCTOR: Pamela Whitten
LOCATION: Colchester High School, Room 105
FEE: \$150 residents/\$155 non residents

INFORMATION TECHNOLOGY CAMP

Ages 9 - 18

Enrollees will engage in a variety of technology activities and learning. We will design computer games, computer animations, multi media and rides projects and websites. This is a program you won't want to miss! **Participants must bring a snack, lunch, water bottle, and a willingness to learn each day.** **Minimum: 8, Maximum: 12.**

Session A: Ages 9 - 12

#386011A Mon - Fri 8:00 a.m. - 4:00 p.m. Jun. 28 - Jul. 2

Session B: Ages 12 - 14

#386011B Mon - Fri 8:00 a.m. - 4:00 p.m. July 12 - 16

Session C: Ages 14 - 18

#386011C Mon - Fri 8:00 a.m. - 4:00 p.m. July 26 - 30

INSTRUCTOR: Bjorn Norstrom, CMS Computer Applications
LOCATION: Colchester Middle School, CAPS Lab
FEE: \$155 residents/\$160 non residents



All camps marked with a mailbox will receive a letter in the mail prior to the first day of camp.

YOUNG REMBRANDTS CAMP SUPERHERO/ANIME

Ages 6 - 12

Join this camp and learn to draw your own comic book superheroes! Each day we will complete several drawings while we learn a variety of artistic techniques. Starting with the most basic muscular superhero body, we will learn to adapt it to the character of our choice, giving it superpowers as we see fit. We will learn to draw action and movement while completing the scenes around each superhero to bring them to life. Our collection of drawings will be impressive. After mastering the art of superhero drawing, we will launch into the world of Anime. We will learn about and draw cartoons in the Anime style, creating our own original Anime characters. We will use a variety of facial expressions and action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in the Anime style. **Minimum: 8, Maximum: 15.**

#381002A Mon - Fri 8:30 a.m. - 12:00 p.m. July 12 - 16

INSTRUCTOR: Young Rembrandts Staff
LOCATION: Colchester Meeting House, Upstairs
FEE: \$150 residents/\$155 non residents

YOUNG REMBRANDTS CAMP ANIMAL DRAWING / CARTOONING

Ages 6 - 12

A variety of animals will inspire us in this camp with cartooning and drawing. Expressions, human characteristics, movement, action and joke sequencing will be centered on different animals. This is a popular camp for animal lovers and cartoon enthusiasts. Students will use pencils, markers and Sharpies™ to complete their cartoons. When we get tired of cartooning and being silly, we will turn our attention to drawing more serious animal pictures. We will imagine ourselves at the zoo as we learn to draw a wide variety of animals. Our final day will result in one large scene of the zoo, divided into several habitats and incorporating the many animal friends we have learned to draw. Markers or color pencils will complete our realistic or graphic style drawings. **Minimum: 8, Maximum: 15.**

#381002B Mon - Fri 8:30 a.m. - 12:00 p.m. August 2 - 6

INSTRUCTOR: Young Rembrandts Staff
LOCATION: Colchester Meeting House, Upstairs
FEE: \$150 residents/\$155 non residents

PHOTOGRAPHY & SCRAPER'S CAMP

Ages 6 - 10

This camp has been very popular over the past 4 years. We talk about digital photography in the morning and do a morning photo shoot. After lunch and a free choice quiet time we scrapbook. We learn some new techniques and use our creative talents to make some pretty unique, fun things. Plus we walk to one of the local parks for some fresh air time each day. On really hot days we try to have some water play. **Things to Bring:** Lunch with 2 snacks, water bottle, favorite reading book, digital camera, and swimsuit and towel. We try to get the campers to print out 4 - 6 pictures each day of their favorites they have taken that day. We discuss them at meeting time plus use them in our scrapbooks. **Minimum: 16, Maximum: 20.**

#387010A Mon - Fri 9:00 a.m. - 4:00 p.m. August 16 - 20

INSTRUCTORS: Pamela Whitten & Moira Plant
LOCATION: Colchester Meeting House, Downstairs
FEE: \$130 residents/\$135 non residents

LEVEL CLASSIFICATIONS

PARENT/CHILD LESSONS (KNOWN AS P/C): *Parents & Children ages 6 months - 5, this class builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.*

LEVEL 1: TADPOLES (WATER EXPLORATION): *Ages 3+ Prerequisite: Children should have an interest in swimming and be able to participate independent from parents. Goal: Gradual water adaptation, breath holding, submersion of face, eyes open under water, bubble blowing, bobbing with bubbles and air exchange, supported front and back floats.*

LEVEL 2: FROGS (PRIMARY SKILLS): *Ages 4+ Prerequisite: Children should have a basic understanding of front and back floats and be able to put face under water and blow bubbles. Front float and recover, back glide and recover, enter and exit water independently.*

LEVEL 3: DOLPHINS (STROKE DEVELOPMENT): *Ages 6+ Prerequisite: Children should be able to float and do the beginners stroke for at least 5 yards. Stroke Development: builds on the skills in Level 2 by providing additional guided practice.*

LEVEL 4: WHALES (STROKE DEVELOPMENT): *Ages 7+ Prerequisite: Children should be able to glide and recover both front and back. Should be able to cover 15 feet on their front and back kicking and have at least a crude arm motion. Goal: develops confidence in the strokes learned and to improve other aquatic skills.*

LEVEL 5: CROCODILES (STROKE REFINEMENT): *Ages 8+ Prerequisite: Children should be able to swim front and back with arms for at least 20 feet. Goal: Front crawl with breathing, backstroke with arms, tread water, surface dives, introduction to butterfly.*

LEVEL 6: SHARKS (SKILL PROFICIENCY): *Ages 8+ Prerequisite: Children should have a strong front crawl with breathing, know the backstroke and be able to tread water. Goal: Develop maximum efficiency and endurance for strokes, introduce flip turns, encourage lifetime fitness, refine strokes learned in previous levels, learn advanced rescue skills.*



BAYSIDE BEACH LIFEGUARD ON DUTY

June 21 - August 20
Monday - Sunday: 11 am - 6 pm
DAILY ADMISSION IS FREE



PRIVATE SWIMMING LESSONS

Ages 3+

Do you want to learn to swim or strengthen your strokes but don't feel comfortable in a group setting? The private swim lessons are just what you need. Private lessons consist of 6 half hour lessons. We work around your schedule to give you the most effective and informative lessons taught by our Water Safety Instructors. **Registrants will be contacted in early May to set up your private lessons.**

#313001A Days & Times are worked out with Swim Instructor

#313001B Second round of Private Lessons after Session A is complete

INSTRUCTORS: Colchester Parks & Recreation Waterfront Staff,
Certified Water Safety Instructor

LOCATION: Bayside Beach

FEE: \$55 residents/\$60 non residents



LEARN TO SAIL

Ages 7 - Adult

Ahoy Colchester residents! Discover Malletts Bay and the sport of sailing this summer! The International Sailing School on Lakeshore Drive is pleased to offer a twelve hour instructional program for families and individuals ages 7 to adult. **(7 - 11 year olds must be accompanied by a registered adult).** Students may participate as much or as little as they like. Just relax and enjoy the experience or train toward certification, the choice is yours! Teaching ratios will be four students per one instructor. The type of vessel will depend on your goals . . . a small 21-26' cruiser for the "laid back experience" or a 27' racing sloop for the "intense learner". Curriculum will be tailored and customized as per skill level, but look for the following to be covered: terminology, departing and returning to a mooring, sail trim, tacking and gybing, steering a steady course, points of sail, safety requirements and much more. **Minimum: 6, Maximum: 12.**

Session A

#360003A Tues - Fri 5:30 - 8:30 p.m. June 22 - 25

Session B

#360003B Tues - Fri 5:30 - 8:30 p.m. July 27 - 30

INSTRUCTOR: International Sailing School Instructor

LOCATION: International Sailing School, 511 West Lakeshore Dr

FEE: \$129 residents/\$134 non residents

Family of 2: \$194 residents/\$199 non residents

Swimming Lessons

18

We provide an enjoyable learn-to-swim program with proven professional methods and techniques. Our staff of certified instructors have been carefully trained. Several of them have been with our program for many years. We believe swimming lessons should be considered carefully for the success you look to achieve. Swimming lessons will be taught on both land and water, therefore lessons are held rain or shine, except during an electrical storm. We look forward to helping you achieve your goal of making swimming an enjoyable and safe activity that lasts a lifetime. Swim lessons are geared for all ages, check which level best fits your child's ability. Classes will be held at Bayside Beach. Class sizes are limited; therefore registration will be taken on a first come first serve basis.

DATES OF CLASS

Classes are held Monday - Thursday. Make-ups will be held if the class was cancelled by the Recreation Department on Friday with a maximum of one make up day.

PARENT VIEWING

Once lessons begin we ask parents to view from the hill or by the stone wall so the children will focus on the instructor.

PARKING

Parents are asked to park at the Bayside Parking Lot at Bayside Park and walk across to the beach for lessons.

EXPLORER CAMP

If you wish to enroll your child in swimming lessons during the explorer or adventure camps please register for the 2:00 - 2:50 p.m. slot.

JR. EXPLORERS DAY CAMP

If your child is enrolled in Jr. Explorers camp they will automatically receive swimming lessons for that week from 12:10 - 12:50 p.m.

LOCATION:

Bayside Beach

FEE:

\$30 residents

\$35 non residents
per session

CLASS SIZE AND SESSIONS

Sessions consist of four 50-minutes of instruction. Class size is limited to ensure quality instruction. Please review the skills required for each level (on opposite page) and register your child for the appropriate class.

Instructors may move a child to a different level while maintaining our low ratio of children to instructor if the child is in the wrong level. Please keep in mind that it is not unusual for children to repeat the same level.

Session A: June 28 - July 1

11:10 a.m. - 12:00 p.m.	P/C: 310A1	Level 2: 312A1	
1:00 - 1:50 p.m.	Level 1: 311A2	Level 2: 312A2	
2:00 - 2:50 p.m.	Level 2: 312A3	Level 3: 313A3	Level 4: 314A3
4:10 - 5:00 p.m.	Level 3/4: 313A4	Level 5: 315A4	
5:10 - 6:00 p.m.	Level 1: 311A5	Level 2: 312A5	Level 3: 313A5

Session B: July 5 - 8

11:10 a.m. - 12:00 p.m.	Level 3: 313B1	Level 4: 314B1	
1:00 - 1:50 p.m.	Level 2: 312B2	Level 3: 313B2	Level 4: 314B2
2:00 - 2:50 p.m.	Level 1: 311B3	Level 2: 312B3	Level 3: 313B3
4:10 - 5:00 p.m.	Level 2: 312B4	Level 3: 313B4	
5:10 - 6:00 p.m.	P/C: 310B5	Level 1: 311B5	Level 2: 312B5

Session C: July 12 - 15

11:10 a.m. - 12:00 p.m.	Level 2: 312C1	Level 3: 313C1	Level 4: 314C1
1:00 - 1:50 p.m.	P/C: 310C2	Level 1: 311C2	Level 2: 312C2
2:00 - 2:50 p.m.	Level 2: 312C3	Level 3/4: 313C3	
4:10 - 5:00 p.m.	Level 2: 312C4	Level 3: 313C4	Level 5: 315C4
5:10 - 6:00 p.m.	Level 2: 312C5	Level 3: 313C5	

Session D: July 19 - 22

11:10 a.m. - 12:00 p.m.	Level 1: 311D1	Level 2: 312D1	
1:00 - 1:50 p.m.	Level 3: 313D2	Level 4: 314D2	
2:00 - 2:50 p.m.	Level 1/2: 311D3	Level 3/4: 313D3	Level 5/6: 315D3
4:10 - 5:00 p.m.	Level 1: 311D4	Level 2: 312D4	
5:10 - 6:00 p.m.	Level 2: 312D5	Level 3: 313D5	Level 4: 314D5

Session E: July 26 - 29

11:10 a.m. - 12:00 p.m.	Level 5: 315E1	Level 6: 316E1	
1:00 - 1:50 p.m.	Level 1: 311E2	Level 2: 312E2	Level 3: 313E2
2:00 - 2:50 p.m.	Level 2: 312E3	Level 3: 313E3	Level 4: 314E3
4:10 - 5:00 p.m.	P/C: 310E4	Level 2: 312E4	
5:10 - 6:00 p.m.	Level 1/2: 311E5	Level 3: 313E5	

Session F: August 2 - 5

11:10 a.m. - 12:00 p.m.	Level 2: 312F1	Level 3: 313F1	
1:00 - 1:50 p.m.	Level 1: 311F2	Level 2: 312F2	Level 3: 313F2
2:00 - 2:50 p.m.	Level 2: 312F3	Level 3: 313F3	
4:10 - 5:00 p.m.	Level 1: 311F4	Level 2/3: 312F4	
5:10 - 6:00 p.m.	Level 3: 313F5	Level 4: 314F5	Level 5/6: 315F5

Session G: August 9 - 12

11:10 a.m. - 12:00 p.m.	P/C: 310G1	Level 1: 311G1	
1:00 - 1:50 p.m.	Level 2: 312G2	Level 3: 313G2	
2:00 - 2:50 p.m.	Level 1: 311G3	Level 2: 312G3	Level 3: 313G3
4:10 - 5:00 p.m.	Level 4: 314G4	Level 5/6: 315G4	
5:10 - 6:00 p.m.	Level 1: 311G5	Level 2: 312G5	Level 3: 313G5

Session H: August 16 - 19

11:10 a.m. - 12:00 p.m.	Level 2: 312H1	Level 3: 313H1	
1:00 - 1:50 p.m.	Level 1: 311H2	Level 2: 312H2	
2:00 - 2:50 p.m.	Level 1/2: 311H3	Level 3: 313H3	Level 4: 314H3
4:10 - 5:00 p.m.	Level 3: 313H4	Level 4: 314H4	
5:10 - 6:00 p.m.	Level 2: 312H5	Level 3/4: 313H5	

Adult Programs

ADULT TENNIS CLINICS

Ages 14+

Our clinic will teach basic skills, stroke techniques and rules of the game while being applied in game situations. Designed for the beginner to intermediate player. **Minimum: 4, Maximum: 12.**

#301202A Wednesdays 6:45 - 7:45 p.m. Jul. 7 - Aug. 11

INSTRUCTOR: The Sports & Fitness Edge Staff
LOCATION: Bayside Park; Upper Tennis Courts
FEE: \$65 residents/\$70 non residents

ADULT TENNIS CALL LIST

Ages 21+

FREE

Looking for someone to play tennis with? Look no further, register with us and we will give you a tennis ranking and provide you with a call list. You'll be able to schedule your own matches on any one of our 17 tennis courts at your convenience. **To put your name on the list, call the Colchester Parks & Recreation Department at 264-5640 or complete the ranking sheet on our website, under forms.**

THERAPEUTIC YOGA I

Ages 18+

Therapeutic Yoga integrates physical therapy, yoga, and self-care of the human body. Each class will provide assistance with alignment in postures that will enhance self-care, improve flexibility, build strength and encourage relaxation. Focus on breathing, postures and relaxation is provided in each class. All levels welcome. **Minimum: 4, Maximum 14 per session.**

Session A

#360008A Tuesdays 8:30 - 9:30 a.m. Mar. 30 - May 4

Session B

#360008B Tuesdays 8:30 - 9:30 a.m. May 11 - Jun. 15

Session C

#360008C Tuesdays 8:30 - 9:30 a.m. Jun. 22 - Jul. 27

Session D

#360008D Tuesdays 8:30 - 9:30 a.m. Aug. 3 - Sept. 7

INSTRUCTOR: Lisa Tidman, PTA
LOCATION: RehabGym, 905 Roosevelt Highway
FEE: \$60 residents/\$65 non residents

THERAPEUTIC YOGA II

Ages 18+

In Therapeutic Yoga II we will integrate yoga therapeutics that you can instantly incorporate into your yoga practice. Each class will consist of aligning the body in postures, guided breathing and relaxation to de-stress your whole body. All levels welcome. **Minimum: 4, Maximum 14 per session.**

Session A

#360009A Wednesdays 5:30 - 6:45 p.m. Mar. 31 - May 5

Session B

#360009B Wednesdays 5:30 - 6:45 p.m. May 12 - Jun. 16

Session C

#360009C Wednesdays 5:30 - 6:45 p.m. Jun. 23 - Jul. 28

Session D

#360009D Wednesdays 5:30 - 6:45 p.m. Aug. 4 - Sept. 8

INSTRUCTOR: Lisa Tidman, PTA
LOCATION: RehabGym, 905 Roosevelt Highway
FEE: \$75 residents/\$80 non residents

SAND VOLLEYBALL

Ages 18+

Stop by Monday & Wednesday evenings for some exciting sand volleyball! Players of all levels are invited to attend. What better way to enjoy the scenic view of Malletts Bay! All you need to bring is water to drink, we will provide the fun!

Mon & Weds 6:00 p.m. - 9:00 p.m. Jun. 2 - Sept. 1

COORDINATOR: Bill Syverson
LOCATION: Bayside Park, Sand Volleyball Courts
FEE: FREE

BODY SCULPTING

Ages 18+

Join us for a total body workout. Learn effective strength-building exercises to tone and build muscle as well as help prevent injury. Focus on core strengthening in each class to help you prepare for any event, sport or help prevent injuries. We will incorporate the use of weights, balls, and body-weight type exercises designed to be fun and challenging. **Minimum: 3, Maximum: 6.**

Session A

#360010A Thursdays 9:30 - 10:30 a.m. Apr. 1 - May 6

Session B

#360010B Thursdays 9:30 - 10:30 a.m. May 13 - Jun. 17

Session C

#360010C Thursdays 9:30 - 10:30 a.m. Jun. 24 - Jul. 29

INSTRUCTOR: Lisa Tidman, PTA
LOCATION: RehabGym, 905 Roosevelt Highway
FEE: \$60 residents/\$65 non residents

SUNSET HIKE

Ages 18+ (Residents Only)

New

Join us as we hike up the summit of Camels Hump and watch the sunset over the adirondacks. This is a strenuous hike with a 2300 feet elevation gain. We will meet at the Colchester Town Offices and carpool to the Trail Head. **All hikers must have a headlamp. Minimum: 4, Maximum: 8.**

#320042A Wednesday Departure 5:00 p.m. July 14
 Return around 11:00 p.m.

TRIP LEADER: Colchester Parks & Recreation Staff
DEPARTURE FROM: Town Offices, 781 Blakely Road
LOCATION: Camels Hump State Park
FEE: FREE (Residents Only)

ADULT COED PICK-UP SOCCER

Ages 21+

Join us Thursday nights for some coed soccer! Players of all levels are welcome to play. Teams will be created each night and field size will depend on the number of players.

#320003A Thursdays 6:00 - 8:00 p.m. Jul. 22 - Aug. 26

COORDINATOR: Colchester Parks & Recreation Staff
LOCATION: Airport Park
FEE: FREE

REGISTRATION FORM:

Please complete entire form

☐ Colchester Resident

☐ Non Resident

One form can be used for all family members that live in the same household.

20

Participant's Last Name: _____ First Name: _____

Parent's Last Name (if participant under 18): _____ First Name: _____

Mailing Address: _____

City/State/Zip: _____

E-Mail: _____ Would you like to receive the monthly E-Newsletter: YES NO

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Emergency Contact (other than parent): _____ Relationship: _____ Telephone: _____

Please list any special needs which will require accommodation for participation: _____

Please list any allergies (food, insect, plant, or medications) _____

REGISTRATION FORM CONTINUES ON REVERSE SIDE

Registration for Colchester residents can be made beginning March 17th at 6:30 a.m.
Non-residents may begin registration after March 24th

Mail completed form and payments to:

Colchester Parks & Recreation
PO Box 55
Colchester, VT 05446

How did you find out about our programs? (check all that may apply)

Brochure: _____ Colchester Sun: _____

Website: _____ Newsletter: _____

Flyers at School: _____ Direct Mail: _____

Word of Mouth: _____ Other: _____

Winter registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full.

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are sensitive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 15 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you will be signing a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years.

Non residents may register for any program offered, on a space available basis, after March 24.



Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: _____

Signature (of parent or guardian under 18): _____

Date of Signature: _____

Registration confirmations are not mailed unless a receipt is requested. Once registered you are enrolled for that program. We will call only if the program has been cancelled. Thank you! All programs are subject to cancellation if minimum enrollment is not met. Register early to ensure your favorite activity is not cancelled!

Total Due: \$

Exp. Date

☐ Check here for a receipt to be sent to you

HERITAGE PARK

HERITAGE PARK: located off Main Street on Heritage Drive, Colchester Village. 1-acre, parking, limited playground, tennis court, basketball court.

FORT ETHAN ALLEN PARADE GROUNDS

FORT ETHAN ALLEN PARADE GROUNDS: between route 15 and Dalton Drive. 19-acres, owned mutually with the Town of Essex. Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, walking trail.

SUNNY HOLLOW NATURAL AREA

SUNNY HOLLOW NATURAL AREA: access from Hercules Drive. 80-acre diverse area, limited parking, 3 miles of walking and x-country trails.

BAYSIDE PARK

BAYSIDE PARK: both sides of Lakeshore Drive at the intersection with Malletts Bay Ave. 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, BRAND NEW playground, swimming beach, Senior Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 football/lacrosse field, 1 lighted softball field, 2 horseshoe pits, and a skatepark.

BONANZA PARK

BONANZA PARK: on Bonanza Park Road off Heineburg Drive. .6-acre neighborhood park with limited playground and all-purpose field.

CAUSEWAY PARK & RECREATION PATH

CAUSEWAY PARK & RECREATION

PATH: 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot.

LAW ISLAND

LAW ISLAND: west of Causeway off Colchester Point. 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

PORTER NATURAL AREA

PORTER NATURAL AREA: new, 56-acre natural area off Mills Point Road.

AIRPORT PARK

AIRPORT PARK: 64.5-acres located on Colchester Point Road. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 6 horseshoe pits, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.

ROSSETTI NATURAL AREA

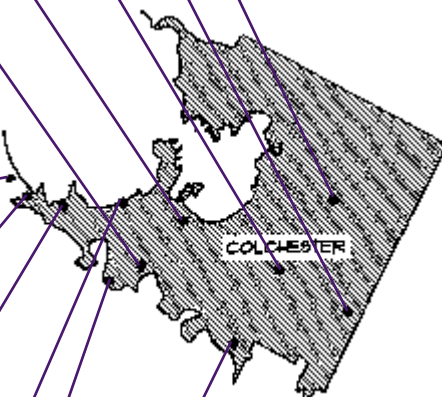
ROSSETTI NATURAL AREA: 47-acres of natural area between lake and Lakeshore Drive/Holy Cross Road/Church Road intersection conserving wetland, woods, and sand beach.

HEINEBERG ACCESS/BILLADO PARK

HEINEBERG ACCESS/BILLADO PARK: 4-acres, Town and State access to Winooski River, off Heineberg Drive.

VALLEYFIELD PARK

VALLEYFIELD PARK: on Valleyfield Drive off Malletts Bay Avenue. .65-acre neighborhood park with limited playground and all-purpose field.



COLCHESTER PARKS & RECREATION DEPARTMENT
P.O. Box 55
781 Blakely Road
Colchester, VT 05446

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How do you Register for the programs inside this brochure?

It's as easy as 1, 2, 3 or 4

1

REGISTER ONLINE:

Log onto
www.colchestervt.gov
and go to the parks &
rec link and click on
online registration **ON
OR AFTER March 17
at 6:30 a.m.**

2

REGISTER IN PERSON:

Visit our office on the sec-
ond floor of the new town
offices at 781 Blakely Road
during business hours
**ON OR AFTER March 17
at 6:30 a.m.:**
Monday - Friday,
8:00 am - 4:00 pm

3

MAIL:

Mail completed form
and payment **AFTER
March 17** (with check,
cash, or credit card #)
to: Colchester Parks &
Recreation
PO Box 55
Colchester, VT 05446

4

FAX:

Fax signed
registration form
along with credit
card number and
expiration date
**AFTER March 17
to 264-5647**

**ONLINE AND WALK-IN REGISTRATION
WILL BEGIN MARCH 17TH AT 6:30 A.M.**

PAVILION RESERVATIONS BEGIN MONDAY, MARCH 1, 2010 AT 8 AM

TOWN OFFICES CLOSED

May 31
July 5

Memorial Day
4th of July (in lieu of July 4th)

August 16
September 6

Battle of Bennington Day
Labor Day